



Stand: 06.09.2026 22:32 Uhr

## KONTAKT

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| MONTAG                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | DIENSTAG                                                                                                                                                                                                                                                                                                                                               | MITTWOCH                                                                                                                                                                                                      | DONNERSTAG                                                                                                                                                                                                            | FREITAG                                                                          | SAMSTAG                                                                          | SONNTAG                                                                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| 12.07.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 13.07.                                                                                                                                                                                                                                                                                                                                                 | 14.07.                                                                                                                                                                                                        | 15.07.                                                                                                                                                                                                                | 16.07.                                                                           | 17.07.                                                                           | 18.07.                                                                           |
| <div>08:45-09:30<br/>Reha-Sport<br/><small>auf Krankenkassenrezept</small></div> <div>09:00-10:00<br/>Yoga am Morgen</div> <div>10:15-11:00<br/>Reha-Sport<br/><small>auf Krankenkassenrezept</small></div> <div>18:15-19:00<br/>PI-YO-CO<br/><small>Pilates Yoga Core</small></div> <div>19:15-20:15<br/>Bauch-Beine-Po</div>                                                                                                                                                                                                                   | <div>08:45-09:30<br/>Best Age - Vital &amp; Mobil - 60+</div> <div>16:30-17:15<br/>Reha-Sport<br/><small>auf Krankenkassenrezept</small></div> <div>17:30-18:15<br/>Reha-Sport<br/><small>auf Krankenkassenrezept</small></div> <div>18:30-19:30<br/>Yoga Vinyasa Flow</div> <div>19:15-20:15<br/>Hot Iron<br/><small>Langhanteltraining</small></div> | <div>08:45-09:45<br/>Pilates Matte</div> <div>18:00-19:00<br/>Rückenfit meets Physiofitness</div> <div>19:15-20:15<br/>Commercial - Tanzen für Erwachsene</div> <div>19:15-20:00<br/>HITT meets Faszien</div> | <div>08:45-09:45<br/>Bauch   Beckenboden   Rücken</div> <div>10:00-11:00<br/>Yoga Balance</div> <div>17:30-18:30<br/>Pilates Matte</div> <div>18:45-19:30<br/>BoCaLethics<br/><small>Boot Camp Athletic</small></div> | <div>Heute keine Kurse.<br/><small>Schon unsere Aktionen entdeckt?</small></div> | <div>Heute keine Kurse.<br/><small>Schon unsere Aktionen entdeckt?</small></div> | <div>Heute keine Kurse.<br/><small>Schon unsere Aktionen entdeckt?</small></div> |
| <div>Öffnungszeiten</div> <div>12.07. - 18.07.2021</div> <div><div>Mo 12.07.</div><div>Di 13.07.</div><div>Mi 14.07.</div><div>Do 15.07.</div><div>Fr 16.07.</div><div>Sa 17.07.</div><div>So 18.07.</div></div> <div><div>08:30-11:30</div><div>08:30-11:30</div><div>08:30-11:30</div><div>08:30-11:30</div><div>08:30-11:30</div><div>08:30-14:30</div><div>08:30-13:00</div></div> <div><div>  13:00-21:30</div><div>  16:00-21:30</div><div>  13:00-21:30</div><div>  16:00-21:30</div><div>  13:00-21:00</div><div></div><div></div></div> |                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                               |                                                                                                                                                                                                                       |                                                                                  |                                                                                  |                                                                                  |